

## *PILLAR CHOICES: IT'S UP TO YOU*

Standard 1 ESSENTIALS Grade 4-5

1CH-E4 PO 1

**EQUIPMENT:** Large poster (or diagram on the chalkboard) with six columns. The name of a CC! Pillar is at the top of each column... TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, CITIZENSHIP

**SET-UP:** Prepare poster or make diagram ahead of time

**WARM UP:** Briefly talk about how family and peers influence our healthy and unhealthy choices. Give examples as needed. E.G.: Mom and/or Dad do or do not smoke, drink, or overeat. Two of your best friends smoke. Some of your friends bully the younger kids, etc.

**OBJECT OF THE GAME:** Classify healthy and unhealthy choices that you have learned from family and peers; Identify CC! Pillars effected by your choices

**GAME RULES:** Invite participants to share about family or peer based behavior that do or might influence their current or future health (E.G. second-hand smoke, tons of junk food around the house, careless and reckless driving without wearing a seatbelt) List participants' ideas on the board. Once the group feels the list is complete begin listing behaviors under the CC! Pillar that "is broken" or the Pillar a person would need to follow in order to change unhealthy behaviors to positive behaviors. Discuss, discuss, discuss!

**FOLLOW-UP:** Use activity as a lead in to discussions about the power of family messages. Empower participants with the message that they are their own decision makers

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